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the fiber source is selected from the group consisting of guar gum, pectin, soy polysaccharide, gum arabic and combinations thereof.

14. The oral nutritional formulations of claim 1 wherein the potassium content of the formulations is from about 0 to 10 mg per 100 ml of formulation, and the sodium content of the formulations is from about 0 to 30 mg per 100 ml of formulation.

15. The oral nutritional formulations of claim 14 wherein the potassium and sodium content is provided by the carbohydrate source or the protein source.

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16. The oral nutritional formulations of claim 1 wherein the pH is controlled by acids selected from the group consisting of phosphoric acid, citric acid, tartaric acid, fumaric acid, adipic acid, lactic acid, and combinations thereof.

17. The oral nutritional formulations of claim 16 wherein the acids are a combination of phosphoric acid and citric acid.

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